




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Like us on Facebook!</p> 	<p>1 CLOSED</p> <p><i>Happy</i></p> <p>NEW YEAR</p> 	<p>2</p> <p>9 AM 6 PM 10 AM</p>	<p>3</p> <p>6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM</p>	<p>4</p> <p>9 AM 6 PM 10 AM</p>	<p>5</p> <p>6 AM 7 AM 9 AM 10 AM</p>	<p>6</p> <p>7 AM 8 AM 9 AM 10 AM 11 AM ORIENTAION</p>
7	<p>8</p> <p>6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM 7 PM BEYOND BARRE FIT</p>	<p>9</p> <p>9 AM 6 PM 10 AM</p>	<p>10</p> <p>6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM</p>	<p>11</p> <p>9 AM 6 PM 10 AM</p>	<p>12</p> <p>6 AM 7 AM 9 AM 10 AM</p>	<p>13</p> <p>8 AM 9 AM 10AM</p>
14	<p>15</p> <p>6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM 7 PM BEYOND BARRE FIT</p>	<p>16</p> <p>9 AM 6 PM 10 AM</p>	<p>17</p> <p>6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM</p>	<p>18</p> <p>9 AM 6 PM 10 AM</p>	<p>19</p> <p>6 AM 7 AM 9 AM 10 AM</p>	<p>20</p> <p>8 AM 9 AM 10AM</p>
21	<p>22</p> <p>6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM 7 PM BEYOND BARRE FIT</p>	<p>23</p> <p>9 AM 6 PM 10 AM</p>	<p>24</p> <p>6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM</p>	<p>25</p> <p>9 AM 6 PM 10 AM</p>	<p>26</p> <p>9 AM 10 AM</p>	<p>27</p> <p>8 AM 9 AM 10AM</p>
28	<p>29</p> <p>6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM 7 PM BEYOND BARRE FIT</p>	<p>30</p> <p>9 AM 6 PM 10 AM</p>	<p>31</p> <p>6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM</p>	<p>All clients new to Symmetry Pilates must attend an orientation session which is complimentary with a package purchase.</p>		
<p>Ask about our:</p>  <p>INK RIBBON PROGRAM Post-Operative Workout Enhancing Recovery</p>		<p>ALL GROUP CLASSES ARE SUBJECT TO CHANGE. SYMMETRY PILATES MUST BE NOTIFIED 24 HOURS IN ADVANCE OF ALL CANCELLATIONS OR CHARGES WILL BE APPLIED</p> <p>PLEASE BE CONSIDERATE OF OTHERS IN YOUR GROUP AND ARRIVE ON TIME. THOSE ARRIVING AFTER THE WARM-UP WILL NOT BE PERMITTED TO JOIN A CLASS IN PROGRESS.</p> <p>ASK ABOUT OUR PINK RIBBON PROGRAM. CLASSES MAY BE PURCHASED AND SCHEDULED ON-LINE.</p>			<p>Beyondbarre Fit Cardio-infused workout that uses classical ballet barre excercises to strengthen and develop long, lean muscles. Balls, bands and lite weights are also incorporated.</p>	